
Breastfeeding Tips for partners, family and friends

Not sure how to help if your partner or relative is breastfeeding? You may not be able to help with feeding but there are lots of ways you can support mum and be involved.

Help

Take over some of the daily chores like cleaning, shopping or cooking. Bring her food or drink when baby is feeding. You can also be involved in changing nappies, bathtimes and play.

Listen

New mums often have many worries, listen and ask how you can help. But don't let your own fears or personal feelings get in the way. You don't need all the answers. Often a supportive ear is all that's needed.

Respect

A new baby can attract a lot of attention and opinions! But respect parents' space and personal wishes - don't be upset if mum and dad need time alone with baby.

Support

Show support if she receives negative comments about breastfeeding or is having difficulties. Help build her confidence and support her decision.

Halton Health Improvement Team | 0300 029 0029



Breastfeeding

Tips for the General Public

If you see a mum breastfeeding her baby, and you're not sure how to react, here's a few tips.

Respect

The law allows mums to breastfeed in any location. A mum does not have to cover up and nobody should ask her to do so. Please respect a mum's choice to feed her baby/toddler as she wishes.

Treat her just like any other person!

Breastfeeding is normal. There's no need to make a fuss, stare or draw attention to it.

Support

If you see others making negative comments about breastfeeding, show your support with positive comments and try to take the heat out of the situation.

#Empower Parents, Enable Breastfeeding

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